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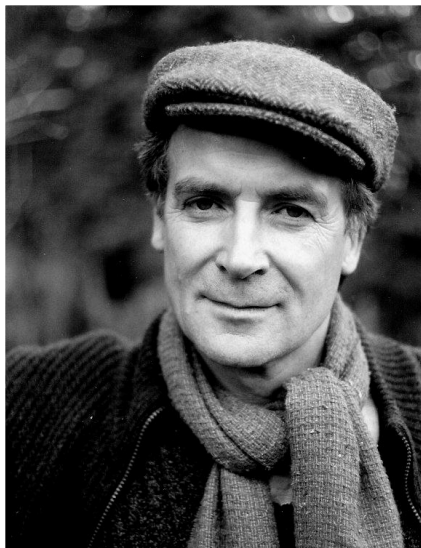
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ON THE COVER

Over 14 million Americans, more than the population of Portugal, are thought to be suffering from Seasonal Affective Disorder.



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JEFFERSON MONTHLY

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By Jennifer Margulis

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Remembering *Car Talk's* Tom Magliozzi

Tom Magliozzi who, along with his brother Ray, hosted NPR's *Car Talk* for the last 37 years, died November 3, 2014 from complications of Alzheimer's Disease. He was 77 years old.

In announcing this sad news for the national public radio community, NPR celebrated the life of one of its most popular radio personalities in a special tribute *Car Talk* program and in produced segments on *Morning Edition* and *All Things Considered*.

Tom Magliozzi was born June 28, 1937, in an East Cambridge, Massachusetts neighborhood filled with other Italian immigrant families. It was there that he and his younger brother Ray picked up the uniquely Boston-Italian style of expressing affection through relentless, but good-natured, insults. That banter was the heart of *Car Talk*, making Tom and Ray beloved guests in millions of homes every Saturday morning.

Tom was the first in his family to attend college, enrolling at the Massachusetts Institute of Technology, where he earned a degree in Chemical Engineering. He applied that degree to research and consulting jobs until, in his late 20s, he was making his tedious 45-minute commute in traffic one morning, had a near miss with another car, and had a revelation that he was wasting his life. Upon arriving at work, he walked into his boss' office and quit on the spot. He hated putting on a suit and working in the 9-to-5 world.

"He actually hated working in any world," says his brother Ray. "Later on, when we were doing *Car Talk*, he would

come in late and leave early. We used to warn him that if he left work any earlier, he'd pass himself coming in."

As Tom once described his own attitude to his listeners, "Don't be afraid of work. Make work afraid of you. I did such a fabulous job of making work afraid of me that it has avoided me my whole life so far."

After a period spent happily as a Harvard Square bum, a house painter, an inventor, a successful Ph.D. student, and an auto mechanic, *Car Talk* became his focus, and Tom spent the rest of his working life doing what he was born to do. "Making friends, philosophizing, thinking out loud, solving people's problems, and laughing his butt off," says Ray.

The radio show began as a fluke. Someone from Boston's local public radio station, WBUR, booked an on-air panel of six car mechanics from the area. Tom was the only one who showed up. "I was a panel of one," he later said. He

was impressive enough to be asked back the following week, when he brought along his fellow mechanic and kid brother, Ray, and *Car Talk* was born.

Over the 10 years the brothers did the show locally, on a volunteer basis, they slowly injected more and more humor and off-topic diversions into their discussions of carburetors and wheel bearings—following their natural curiosity and pushing the limits for what was then a typically decorous public radio station. "Since we weren't making any money, we figured we might as well have fun," said Tom.

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"I like to drive with the windows open. I mean, before you know it, you're going to spend plenty of time sealed up in a box anyway, right?"



Beating Back The Winter Blues

Article and photos by Jennifer Margulis

Rebekah Dodson was 12 years old when she started noticing how much her mood was affected by the seasons. The daughter of a military officer, Rebekah lived on the Mildenhall Air Force Base in Littleport, England. On the cusp of puberty then, she realized that the darker it got outside the more irritable, grumpy, and tired she felt. Rebekah told her parents, and her pastor, that she was plagued by anxiety and dark thoughts. Assuming their daughter's feelings were the normal mood swings of adolescence, her parents—fundamentalist Baptists who homeschooled Rebekah and her younger brother—didn't take her seriously. Her pastor told her if she prayed more

God would take care of her. So Rebekah, who is now a 31-year-old mother of two living in Klamath Falls, Oregon, did not realize that she had a diagnosable—and treatable—mental illness for another 14 years.

Rebekah was suffering from SAD, a convenient acronym for seasonal affective disorder. SAD is a mood and behavior disorder that affects an estimated five percent of the U.S. population. Over 14 million Americans, more than the entire population of Portugal, are thought to be suffering from SAD.

Even if you don't have full-blown SAD, you may find yourself physically and emotionally affected by the onset of winter.

"Another 14% of the adult U.S. population is estimated to suffer from a lesser form

of SAD, known as the winter blues," Norman E. Rosenthal, M.D., one of the doctors and researchers whose team first identified the illness in the early 1980s, explains in the introduction to the fourth edition of his book, *Winter Blues: Everything You Need to Know to Beat Seasonal Affective Disorder*. "Though these people are not usually affected severely enough to seek medical attention, they nevertheless feel less cheerful, creative, and productive during the dark winter days than at other times of the year," Rosenthal continues.

Less cheerful? Less creative? Less productive? Sound familiar? Rain batters the windows day and night, the sun seems to have disappeared, and simple tasks start to

feel overwhelming. The small daily challenges that don't really annoy you in the summertime—the dirty bowl left by your 15-year-old in the sink, the shattered vase courtesy of a basketball thrown by your 11-year-old, the mid-sentence interruption by your 4-year-old—become so annoying that you fantasize about moving permanently to the Bahamas and wonder if you'll have to pay child support.

My friends who glory in winter activities like snowshoeing and skiing tell me they look forward to the onset of winter. But I think SAD—or its subclinical sister known as the winter blues—is even more common than Rosenthal, who is now Clinical Professor of Psychiatry at Georgetown University Medical School, has calculated. As much as I enjoy the crimson and golden leaves on the trees, snuggling under a comforter with the kids, and the smell of hot cocoa simmering on the stove, there's something, well, depressing, about the earth going dormant.

One of the differences between SAD and classical clinical depression (though many people have both) is that SAD is temporary—strangle-holding its victims at the onset of winter and lightening its hold when the weather warms up and the days lengthen.

When she was a teenager Rebekah Dodson's mood disorder manifested itself as panic attacks that happened more frequently towards the end of the fall. "I would have to put the lights on," she remembers of her adolescence in England. "The sun would start to set and I would get anxious and sad. I'd feel a crushing weight of depression ... A lot of people think it just means you get sad. But it's not just getting sad, it's a combination of symptoms. For me it was depression, anxiety, and panic."

Unlike Rebekah, Judy Dolmatch did not start experiencing noticeable mood swings in the winter until she was in her mid-forties and was living in the Pacific Northwest for about ten years. Growing up in suburban New York, Judy was not aware of having seasonally affected mood swings as a teen or young adult. For Judy, 62-year-old licensed clinical social worker, the symptoms, which first started when she was in her 40s, always seem to come in November. "I would start feeling this sense that the world was closing in on me," she explains when we talk on the phone. "With the really short days when it was dark in the morning and foggy and you wouldn't see the sun all day; I would get this hollow, crestfallen feeling. It was also accom-

panied by agitation. I felt claustrophobic."

Looking back on it now, Judy thinks several things contributed to her mood disorder: changing hormones due to peri-menopause, loneliness over a long-term relationship breaking up, and a lack of social engagement. She noticed that the more she had to do and the more she spent time with friends, the less heavy and depressed she would feel in the winter. "I think there is a social element to it, and a physiological element," Judy tells me. "As long as I was busy and active I was a lot better. When I was alone or had nothing much to do it would impact me more."

My friend Adam Marx, 53, an Ashland-based corporate trainer, experiences it differently. "The shift to winter definitely affects my mood," Adam admits. "I've got winter low energy—it's harder to get myself to exercise, I have this desire to just hang out—but I don't feel more depressed."

What Causes SAD? Spoiler: Doctors Still Don't Really Know

Despite over thirty years of abundant research on seasonal affective disorder, scientists still do not understand exactly what causes it. According to the Mayo Clinic, there are three key components that all *may* be factors in triggering SAD:

1. Disruption of your biological clock: With the shorter days in the winter, your circadian rhythms get disrupted, which may lead to feelings of depression and despair.

2. Disruption of serotonin levels: Serotonin is a hormone secreted by the pineal gland that is known to affect your mood. Drops in sunlight seem to lead to lowered secretions of serotonin that have been found to trigger depression.

3. Disruption of melatonin levels: Melatonin is another hormone secreted by the pineal gland that helps tell the body when to be tired and when to wakeful. More melatonin is secreted during the winter than during the summer. The change in levels of melatonin during the winter may contribute to seasonal feelings of depression and despair.

There may be an evolutionary advantage to having less energy and sex drive during the winter months. Mammals that thrive in extremely difficult conditions, like in Svalbard, a Norwegian archipelago in the Arctic Ocean where there are two months during

the winter with no light, do so by remaining stationary and using vastly less energy than in the summer months. You can practically pet a reindeer in Svalbard in the middle of winter—it will not run away. Why? Because, according to Rosenthal, the brutal winter is more dangerous to its survival than any predator. This "artic resignation" is probably a life-saving energy-conserving survival strategy.

CONTINUED ON PAGE 22

SAD may have been first described in medieval Icelandic epics, which identified a disorder called *skamdegistunglindi* or "short-days depression."



"I grew up in Texas so being somewhere where the seasons change is a novelty that I enjoy immensely. It makes me happy to see the trees turn into these beautiful paintings. When I was living in New York City, I was affected by the lack of light. Winter doesn't get to me here but it got to me when I was in New York and New Haven. That's one of the reasons I moved to L.A."

KIMBERLY SCOTT, 52, actor, Ashland, Oregon

PREVIOUS PAGE: "I'm covered with arthritis and I get more stiffness in the winter. The ocean is different in the winter and in the summer. The atmospheric changes have an effect on us too."

ALLEN MORGAN, 73, yoga teacher, Mendocino, California

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Jefferson Almanac

Madeleine DeAndreis-Ayres

My Christmas Statement

Oh look, only twelve minutes left of the Christmas shopping season. If you are like me, still staring at your hands when you should be out buying a gift for someone on your list (my list is called a “hit list” —that gives you an idea of how I view the whole gift giving process), you tell yourself you have plenty of time to find other things to do instead of shop. Our kids are older, so the pressure to have a million presents under the tree, each holding the possibility of a pony, is somewhat lessened. Oh they still want presents but what those might be, I don’t really want to know. I like to pretend that the boy will love a box of Legos and the girls will be satisfied with stuffed animals and glitter make up. No one has ever accused me of being unflinchingly honest with myself. I flinch, oh I flinch.

I respect people who can “gift well.” While I may not gift well I do have a knack of changing nouns into verbs. And not just anyone can do that. Do not panic, I am a certified English teacher so you can trust me when I say that I respect people who gift well. Notice I didn’t say, “gift good.” That would be incorrect grammar. Only a certified English teacher or, as my mother would say, “only someone certifiable” should be trusted with mixing disparate grammatical elixirs. I am like a chemist. Words are my chemicals. And sometimes—especially after a few eggnogs—I blow things up.

But I digress. What I really want to say about gift giving is this—if you like giving gifts, if you are good at shopping and don’t find the whole process crazy making—hats off to you. I never learned to shop properly. We have all kinds of poverty in this nation and shopping poverty is somewhere on the list. Sure it is a ways down from financial poverty and still below intellectual, cultural

and moral poverty, but it’s there. It won’t kill the afflicted, it just makes them feel skittery and inadequate during the joyous holiday season.

A friend who likes to shop gave me some good advice. She said gift certificates were the way to go if you were stymied by gift giving. I have taken her advice on more than

“
If you are going to spend twenty bucks on a scented candle and chocolate for your sister-in-law, why not, instead, a gift certificate to the dentist for that cleaning she hasn’t had since her COBRA ran out last year?”

one occasion but have found that gift certificates only come from retail enterprises, and retail enterprises are at the root of my gift giving problem. Why don’t dentists, optometrists, insurance agencies, doctors and lawyers give out gift certificates? Most people I know (except for teenagers) have all the stuff they need but they haven’t seen their eye doctor in ages or could re-

ally use a consult for that pesky hernia that keeps popping up over their belt. If you are going to spend twenty bucks on a scented candle and chocolate for your sister-in-law, why not, instead, a gift certificate to the dentist for that cleaning she hasn’t had since her COBRA ran out last year? Instead of Santa gift towels, why not a gift certificate to that clever downtown divorce lawyer for the neighbor whose spouse just appeared on America’s Most Wanted. Or one from Public Health good for this year’s flu shot. The possibilities are truly endless.

Here are some other ideas for you fretting, skit-

tery gift-challenged givers out there. Jump start your local economy by buying tickets to theaters, gift certificates to local restaurants, hardware, clothing stores and coffee shops. If you like your barber, ask him for a gift certificate for your friend who has been cutting his hair with garden shears since college. Given the choice between fruitcake and a classy cut - even though it is a diabolically clever nutritional combo, fruit and candy - I would probably go for the haircut. If you need your tires rotated, you can bet your sister does too so call the tire shop instead of re-gifting her the animated version of “The Rise and Fall of the Roman Empire” someone gave you last year. The list goes on and, yes, the possibilities are truly endless.

Since I have absolved you eleventh hour gift givers with an easy out, let me suggest you use all your saved time this holiday season by spending time doing fun things and being with those you care about. That’s about all the moralizing I can muster this Christmas, but doing fun stuff and being with people you love will create the memories you can later recall when the actual gifts you gave are, in the end, just credit card statements.

Madeleine DeAndreis-Ayres is busy hawking *Ankle High and Knee Deep* a book of essays edited by Gail Jenner about rural life in the West. It makes a great Christmas gift for those looking for last minute stocking stuffers. Like nearly everything else, it can be purchased on Amazon or better yet, from your local retailer.



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Theatre and the Arts

Donnan Runkel

The Pecan Puff Mystery

Pecan puffs were my father's favorite Christmas cookie. We kids all liked them, but Daddy *loved* them. So much so that our grandmother couldn't keep him supplied during Christmas season.

In the middle of December, the stack of Granny's cookbooks appeared on the kitchen counter, scraps of paper with additional recipes scrawled in her round script stuck between their pages. Then she'd decide on the year's varieties, up to a dozen, and compile her list of necessary ingredients.

"You're going to make mincemeat cookies this year, aren't you?" I always asked as I was the only one in the family who liked them. My brother would put in his order for apricot dots, my sister for hermits.

"Don't forget the pecan puffs," Daddy'd say.

We'd all laugh. As if Granny would ever, *ever* forget the pecan puffs.

"Hey, how about a triple batch for a change," Daddy suggested one year. "Your double batches are long gone by Christmas."

Granny looked up from her list.

"Whose fault is that?"

"You shouldn't make them so irresistible," Daddy said.

"Maybe you should show some self control."

"Yeah, you always tell *us* to share," I pointed out.

His face scrunched in an expression of bewildered regret.

"Never mind, Bill," Granny said. "I think we can help you."

"How?" clamored we kids.

She placed a finger to her lips. Her periwinkle eyes were as blue as Santa's and her hair just as white. My father, brother, and I all exchanged a look. Even in a season of secrets, we couldn't imagine Granny plotting to restrain my father's appetite for pecan puffs.

I loved returning home from school as the holidays approached. New out-of-town packages would be stacked in the pantry, and as carols blared from our Webcor

I loved returning home
 from school as the
 holidays approached.



stereo, Granny would emerge from the kitchen dusted with flour, wearing her white apron with an embroidered poinsettia. "Can you *stand* how good these cookies smell, Donnan?" she'd ask.

My role in cookie baking was to prepare the tins for storage. I'd fish them out from the kitchen broom closet and wash them in soapy water in preparation for their precious contents. On a snowy afternoon thick with the aroma of pecan puffs, I set out the one large and one medium tin reserved for them.

"I'd like to let you in on something," Granny said. "But you can't tell anyone."

"You want me to wash a bunch more tins because you're making Daddy a big, enormous batch," I guessed.

She shook her head. "Not exactly. Can you keep a secret?"

"Yes, yes. What is it?"

"We bake the second tin of pecan puffs this year and stash it where we always do in the cabinet behind the mixer. Your father will find and demolish them as usual. But we'll hide a *third* tin in the bottom drawer of the pantry. That will be safe until Christmas Day."

"We won't run out this year," I said. "Daddy will never guess."

"Not unless you tell him, dearie."

By dinnertime, all three tins were encased in their designated spots.

On Christmas Day the usual parade of friends and neighbors began to appear. Granny asked me to help arrange plates of sweets for our guests. "And you know where you'll find the pecan puffs," she said winking at me.

"Sorry. We've been out of them for two days," my father said matter-of-factly as he gathered up the makings for a wassail punch and went to the dining room.

"We know better," Granny whispered to me.

Enjoying being the insider to Granny's cookie caper, I went to the pantry and opened the bottom drawer. The tin wasn't there. I opened the drawer above. No tin!

I ran back into the kitchen. "The secret tin is missing."

"That's impossible." She brushed past me. "Let *me* check." She switched on the light in the pantry and began opening and closing drawers in a growing frenzy.

Back in the kitchen, she asked, "Do you have *any* idea what might have happened to those cookies, Donnan?"

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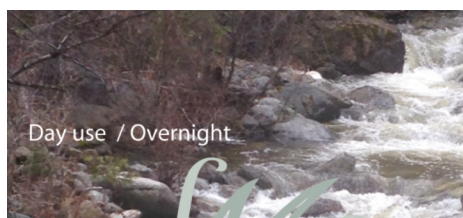


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Inside the Box

Scott Dewing

Love And The Technology Revolution

According to the RAND Corporation, a nonprofit research and analysis think-tank that claims to have “invented the Postwar World,” the year 2015 is going to be awesome. This is the year I’ll be able to clone myself and get bionic biceps. With advanced brain scanning, I’ll copy everything I know (shouldn’t take long) and imprint it onto my clone’s brain. Through gene therapy, I’ll slow down my aging process and speed up my clone’s, stopping him at a younger version of myself so that he can do any physical labor that I don’t have time to take care of with my bionic biceps. A younger version of me running around could have unforeseen consequences, but I’ll get to that in a bit.

If the old me gets sick, I’ll down a genetically engineered “prescription banana” that will make me all better. The discarded

peel will be magically mixed with other waste, broken down into its atomic parts then reassembled into siding for my house that has a 10,000-year warranty and can change color with the seasons. I’ll have other “smart materials” at my disposal. My clothes will respond to the weather, breathing when it’s hot out and forming an impenetrable shell when it rains. My clothing will do this while tracking my vital signs

“If my wife leaves me for my clone do I demand her DNA as part of the divorce settlement so that I can clone her and remarry?”

with embedded nanoscale computing devices woven into the fabric. If I have a heart attack, my shirt will dial 911, reporting my condition and location via GPS. I’d miss work, but that’s okay—my clone will go for me. If any heart tissue is damaged,

it will be rebuilt with my stem cells. Meanwhile, microscopic nanobots will swim through my bloodstream to seek out and repair any vascular blockage.



This is all according to RAND's 2001 report, *The Global Technology Revolution*. As I reread that report as we head into the actual 2015, I couldn't help but laugh. Why does the future always sound so fantastic but when we arrive in it, it's not as cool as it seemed? The future arrives. The world has changed, but usually not to the degree or in the way we imagined. Some old problems have been solved, but some new ones have been created along the way.

For example, what do I do if my wife falls in love with my clone and they run off to Vegas together? Let's face it: me at 25 was a lot more attractive and fun to be around than the me at 45 is. If my wife leaves me for my clone do I demand her DNA as part of the divorce settlement so that I can clone her and remarry? Or do I demand my clone back? It's my DNA after all. If she's in love with my clone would she technically still be in love with me? What is me? Is it me and my clone? Or does personal identity die in a world with clones, a world in which life is manufactured through the new science of genetic replication rather than resulting from old fashioned copulation?

These and other deeply philosophical, moral and ethical questions are bound to arrive with a future shaped by a "technology revolution" that enables us to control and manipulate life itself; a future in which I suspect marital fidelity and personal identity may be the least of our concerns.

According to the RAND report, "Life in 2015 will be revolutionized by the growing effect of multidisciplinary technology across all dimensions of life: social, economic, political, and personal... The results could be astonishing... The fast pace of technological development and breakthroughs makes foresight difficult but the technology revolution seems globally significant and quite likely."

In 2015, we'll feed the world with genetically modified foods that will grow faster and in arid environments like the Sahara desert, which is what Southern Oregon would be like if we hadn't solved the problem of global warming with bio-engineered "carbon sequestering" trees and "nanoscrubbers," microscopic catalytic-converters released into the atmosphere to convert carbon molecules into "less harmful forms." We'll live longer and have a better quality of life. We'll continue to advance our technology at an accelerating and staggering pace through the dichotomous process of "creative destruction"—that is, "the contin-

uous process by which emerging technologies push out the old."

Or maybe not. There could, of course, be unforeseen, drastic and dystopian downsides to all of this. Maybe 2015 will be the year we botch the biological recipe and create monsters; destroy our natural food supply through some unforeseen consequences of genetically modified organisms (GMOs); or create a synthetic nano-virus that will wipe out the human race. Or perhaps worse—we'll be at the mercy of those who control the advanced technology that controls the future. Perhaps this is happening already with the haves controlling the have-nots in this world through the use of superior technology.

"Consumers and citizens should gain a basic understanding of technology to make informed decisions and demands on our political, social, economic, legal and military systems," the RAND report recommends. "Likewise, scientists, engineers, technologists, and the government will have increasing responsibilities to think about and communicate the benefits and risks of technological innovations."

This is sound advice as we head—somewhat blindly I fear—deeper into a revolution that will have a tremendous impact on how the actual future will unfold. But it's going to be increasingly difficult to understand and make informed decisions about the technology coming our way. This hits me hard when I read in the RAND report that, "self-assembling materials include colloidal crystal arrays with mesoscale lattice constants that form optical diffraction gratings." Apparently the vocabulary of the technology revolution isn't even something I can understand without several PhDs. But who knows, perhaps in 2015 my younger and smarter clone will be able to explain it all to me, that is, as long as he doesn't run off to Vegas with my wife.

Scott Dewing is a technologist, teacher, and writer. He lives with his family on a low-tech farm in the State of Jefferson. Archives of his columns and other postings can be found on his blog at: blog.insidethebox.org.

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**Jefferson
Public Radio**





Recordings BEST OF 2014

JPR Staff

Eric Teel

Director FM Program Services /
Music Director / Host, *Open Air*



2014 felt like a year of diversity in music, as the “industry” continues to erode and releases from far afield grab hold of the ears of music lovers. I’ve got a really varied list of favorites from this year, including a best-of compilation, a not-so-new Icelandic release just out in the States, and a *gasp* bona fide country release that seems to be the catalyst to wrestle country music back from the over produced country-pop of the Taylor Swifts of the world. In no particular order, my favorites from 2014 are: Icelandic 21-year-old wonder **Ásgeir**: *In The Silence*, the beautiful lyricist **Anaïs Mitchell**: *XOA*, electro-pop upstarts **Sylvan Esso**: *Sylvan Esso*, Norwegian indie pop band **Highasakite**: *Silent Treatment*, the amazing **Nickel Creek**: *A Dotted Line*, country stalwart **Sturgill Simpson**: *Metamodern Sounds In Country Music*, soul crooner **St. Paul & The Broken Bones**: *Half The City*, Boston party band **Lake Street Dive**: *Bad Self Portraits*, electronica wizard **Tycho**: *Awake*, and Norwegian vocalist **Ane Brun**: *Songs 2003–2013*.

Maria Kelly

Host, *Open Air*



Once again, 2014 produced many great new recordings. There were some solid new efforts from some seasoned veterans, including **Willie Nelson’s** *Band of Brothers*, **Jackson Browne’s** *Standing In the Breach* and **Tom Petty’s** *Hypnotic Eye*, and especially **Robert Plant** who continues to deepen his catalogue post-Led Zeppelin with another awesome effort called *lullaby and the Ceaseless Roar*.

There were some notable new recordings from artists in the peak of their careers including the **Black Keys’** return-to-form of *Turn Blue*, **Ray Lamontagne’s** surprising *Supernova* (produced by Dan Auerbach of the Black Keys), the **Drive By Truckers’** *English Oceans* and what could be **Lucinda**

Williams’ opus, her double album, *Where The Spirit Meets The Bone*.

There were some exciting new releases from new and emerging talent. The sonically surprising *Brothers and Sisters of the Eternal Son* from **Damien Jurado**, **Asgeir’s** *In The Silence*, **Sturgill Simpson’s** psychedelic alt-country romp *Meta-Modern Sounds In Country Music*, **The War On Drugs** electronic inspired *Lost In The Dream* and **Shakey Graves’** first-rate new recording... *And The War Came*. **Sharon Van Etten’s** songwriting continues to evolve in exciting ways on *Are We There Yet*, as do the West African-Delta Blues inspired compositions of the **Barr Brothers’** on *Sleeping Operator*. And finally, **Pieta Brown’s** *Paradise Outlaw* hits the sweet spot and warms the winter chill.

Don Matthews

Classical Music Director /
Host, *First Concert*



My selections for the best of 2014 begin with a recording that actually was released in late 2013 but didn’t arrive in time for last year’s choices; *Guilty Pleasure* with soprano **Renée Fleming**. The music ranges from songs of Berlioz, Duparc and Canteloube to the Flower Duet from “Lakmé” with Susan Graham and an arrangement of “Danny Boy”. The young American cellist **Alisa Weilerstein** has a new recording of the music of Dvorák including the beloved cello concerto; this young prodigy has developed into a mature artist. **Lang Lang** has a new 2 CD set of music of Mozart which includes 2 concertos performed live in Vienna and 3 sonatas presented at Royal Albert Hall. The Vivaldi Cello Sonatas are music not often heard and here performed by **Marco Ceccato** and **Accademia Ottoboni** but my favorite of all is a 4 cd set of piano music of Franz Schubert. This recording has a few familiar pieces but much that is unfamiliar to the Schubert fan and all of it performed with great lyricism by pianist **Alberto Miodini**.

Valerie Ing

Northern California Program Coordinator /
Host, *Siskiyou Music Hall*



The Unknown Stars of 2014

I was lucky enough to receive a bounty of classical gems in my mailbox this year from composers and performers who are relatively unfamiliar, but definitely worthy of lending an ear. If you’re thinking of giving the gift of music to a classical music lover who’s already got a huge music library, consider one of these 2014 releases that have my official seal of approval.

Romantic Piano Concertos of Henrique Oswald & Alfredo Napoleao – Artur Pizarro & BBC National Orchestra of Wales *Hyperion 67984*

The Alphabet Sonatas of Johann Pezel – A.C.R.O.N.Y.M. *Olde Focus 903*

Panorama Argentino (Piano Music of Argentina, Vol. 2) – Mirian Conti *Steinway & Sons 30023*

Aranjuez (Rodrigo & DeFalla) – Guitarist Milos Karadaglic & London Philharmonic *Deutsche Grammophon 20039*

Sinfonias of Franz Ignaz Beck – Czech Chamber Philharmonic *Naxos 8.573248*

Symphonies of Louis Glass, Vol. 1 – Staatsorchester Rheinische Philharmonie *CPO 777525*

Cello Concertos 1-3 of David Popper – Wen-Sinn Yang *CPO 777821*

Unpublished Violin Sonatas of Veracini – Valerio Losito & Federico Del Sordo *Brilliant 94822*

A Royal Trio – Arias & Scenes of Handel, Bononcini & Ariosti – Countertenor Lawrence Zazzo & La Nuova Musica *HMU 807590*

Soul of the Machine (works by contemporary composer Sarah Wallin Huff) *Navona 5965*



Derral Campbell

Host, *Late Night Blues*



The 2014 release with the biggest impact has to be **Phil and Dave Alvin's** *Common Ground: Dave Alvin & Phil Alvin Play and Sing the Songs of Big Bill Broonzy*. As kids they were captivated by Broonzy's music, and their first release together in 30 years (since they fronted the hard-driving Blasters) showcases the many facets of the legendary bluesman's career. Acoustic ragtime romps and folk stylings, country swing and jump blues - the Alvins have grown into versatile musicians, as well as historians. They unveiled their new group (**The Guilty Ones**) at Austin's **South By Southwest** last March, and I caught them twice this year. Their show mixes music from the album, some Blasters classics, several of Dave Alvin's numbers and surprise selections. Lisa Pankratz, a veteran of Dave Alvin's **Guilty Women**, brings incredible energy to the drum kit, and her husband Brad Fordham plays a lively bass, packing a wallop as well. I was knocked out the first time I saw them, and I felt it to be the best live show I'd seen since a Blasters performance in 1984. There has been a lot to enjoy in 2014's new releases, but that album by the Alvin Brothers has created some lasting excitement. As I write this in early November, **The Guilty Ones** have barnstormed England, are playing in Finland tonight with dates ahead in Spain, Belgium, the Netherlands and Norway. Two brothers are reunited by what they shared as kids, brought back to make more magic in this world with *Common Ground*.



Allison Graves

Host, *Modulations*



In 2014, Ani DiFranco offered us sweet optimism through soulful blues, neosoul, and jazz. Beck returned with mellow California folk covered in reverb. Hollie Cook's blissful throw-back reggae made my one year old daughter first find her rhythmic head bobbing last summer. Finally, Sinkane's afro-beat electro-pop album revealed a new sound that was quick to impress. Here are my picks for 2014 (note: *all tracks can be previewed on modulationmusic.com*)

Albums * Including highlight tracks

Ani DiFranco

Allergic To Water

"Dithering" "See See See See" "Woe Be Gone"

Beck *Morning Phase* "Morning" "Say Goodbye" "Blue Moon"

Hollie Cook *Twice* "Looking for Real Love" "Superfast" "Win or Lose"

Sinkane *Mean Love* "New Name" "Moonstruck" "Hold Tight"

Singles

Arcade Fire *Reflektor* "Reflektor"

Broken Bells *After the Disco* "Holding On for Life"

Bruce Springsteen *High Hopes* "Hunter of Invisible Game"

Dan Croll *Sweet Disarray* "Only Ghost"

Fink *Hard Believer* "Pilgrim"

Meshell Ndegeocello *Comet, Come To Me* "Conviction"

Nick Mulvey *First Mind* "Fever To the Form"

Nickodemus & Quantic *Chef* "Mi Swing Es Tropical"

Phil Beaudreau *Ether* "Won't Get Away"

Röyksopp *Running To The Sea* "Something In My Heart"

Spoon *They Want My Soul* "Inside Out"

Sylvan Esso *Sylvan Esso* "Coffee"

The Breadwinners, City Culture & Stally *As Far As I Can See (Disco Special)* "Far As I Can See (feat. City Culture & Stally) [Triple Discomix]"

TV on the Radio *Seeds* "Happy Idiot"

Zero 7 *On My Own* "Don't Call It Love (12" Version)"

Paul Gerardi

Host, *Open Air* and *The Folk Show*



It is truly amazing that we find ourselves at year's end once again! For this column I have chosen to simply list some of 2014's standout recordings, along with a few descriptive comments for each...

Robert Plant - *lullaby... and the Ceaseless Roar*: Kudos to an artist that always brings something new to each recording, even when some of his contemporaries stagnate.

Damian Jurado - *Brothers and Sisters of the Eternal Son*: A beautifully haunting indie rock offering from this Seattle musician.

Beck - *Morning Phase*: Mellow and seamlessly crafted, the best since *Sea Change*.

Monica Haldal - *Boy From The North*: At 22 years old, this Norwegian Grammy winner has a beautiful voice and solid songwriting skills.

Andrew St. James - *Doldrums*: A deeply wise album from this talented young musician.

Ray Lamontagne - *Supernova*: Producer Dan Auerbach coaxes a more edgy electric sound out of Lamontagne for this solid recording.

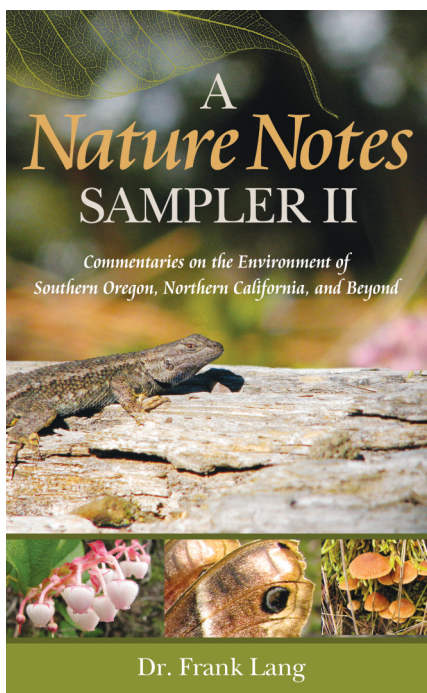
Elbow - *The Takeoff and Landing of Everything*: A lush almost psychedelic sound from a gifted British alternative rock band.

Spanish Gold - *South of Nowhere*: Composed of members of the bands *My Morning Jacket*, *City and Color*, and *Brownout*, a modern indie rocker.

John Hiatt - *Terms of My Surrender*: A solid acoustic band offering with hard hitting lyrics from this wonderfully gruff musical curmudgeon.

Tom Petty and the Heartbreakers - *Hypnotic Eye*: This veteran rocker still says a lot with his , and his band continues to rock with wild abandon.

It is wonderful to be a host for both *Open Air* and *The Folk Show* and an honor to be part of JPR's Rhythm and News Service. May you have a great holiday season, and I look forward to bringing you more great music in 2015!



A Nature Notes Sampler II is a broad collection of radio commentaries based on Dr. Frank Lang's popular series that aired on JPR since the publication of the first volume in the year 2000. This collection of essays offers Dr. Lang's same eclectic, often humorous view of the natural world in the mythical State of Jefferson and beyond.

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Nature Notes

Frank Lang

Castles In The Sky: A Past Adventure In The Crag

With the possible exception of Mount Shasta, the Castle Crag might be one of Northern California's, most striking geological formations. As you drive up Interstate 5 toward Oregon through the Sacramento River Canyon glimpses of Shasta appear to the north. To the west and northwest, steep dark gray ramparts top the main ridge. They resemble the steep stone fortification built as defensive structures surrounding medieval cities, hence their name, Castle Crag.

The jumble of boulders, spires, and pillars of gray granite are the weathered internal remains of a former mountain with its geological cover eroded away. Mt. Ashland to the north in Oregon consists of a central core of plutonic granodiorite. It might be a future castle as its mantle of granitic soil erodes away leaving its core to weather into ramparts and spires, should another period of major glaciation return to do the job.

The overburden covering the Crag pluton was serpentized metamorphic materials which add to the ecological complexity of Castle Crag by producing unusual soil types high in iron, magnesium, and heavy metals and low calcium where such soils remain.

Elevations vary from over 6000 feet at spire summits to the north, to 4966 feet at Castle Dome in the south. It is a thousand feet or so lower along the rampart bases. The entire formation rises precipitously from the Sacramento River at about 2400 feet elevation. Tributary streams that eventually flow into the river dissect the slopes to produce relatively cool and moist habitats.

Vegetation consists of trees and brush, with enough ecological niches to accom-

modate the 300 or so species of plants known from the area. The slopes are dominated by shrubs: California Azalea, Ledum, and Tan Oak in moist sites. Greenleaf and pine-mat manzanita, wedgeleaf ceanothus, whitethorn, and deerbrush thrive on drier sites.

Trees include red fir, Jeffery pine, and weeping (Brewer) spruce, near the summits and mixed conifer forests of sugar, ponderosa and lodgepole pine, Douglas fir, white fir, Port Orford and incense cedar, and western yew elsewhere. Broad leaved trees such as bigleaf maple, vine maple, California black oak occupy moister sites in draws and along creeks. Canyon live oak grows at lower elevations along with poison oak, which is absent from the higher elevations mostly above 4000 feet.

Humans, from the first Native Americans to recent Caucasians immigrants, regard the Castle Crag with awe, curiosity, and superstition. Human interest in preserving the area in a relatively undisturbed condition started with the establishment of Castle Crag State Park in 1933 and culminated with the establishment of 10,500 acre Castle Crag Wilderness with the passage of California Wilderness Act in 1984 and the area's inclusion in the National Wilderness Preservation System.

In the case of six stalwarts from the Rogue Valley, awe and curiosity were the driving forces behind a one day, one long day (10 hour), bushwhack down the spine of Castle Crag from Castle Lake at the north to Castle Dome at the south on July 15, 1989.

We laid our plans based on observation of the crags from a distance, consultation with knowledgeable people with the US Forest Service and the California State

“With the possible exception of Mount Shasta, the Castle Crag might be one of Northern California's, most striking geological formations.”

Park and examination of various maps.

Our plan, which we executed without loss of life or limb, was to camp at Castle Lake and hike the length of the Craggs near the ramparts bases on the east and avoid the well traveled Pacific Crest National Scenic Trail (PCNST) along the west side of the ridge. We did not plan to camp along the way, but complete the hike in one long day. Advice was to take climbing ropes, with the thought that we were rock climbers, which we were not. No carabineers or pitons for us. We did have the good sense to take lots of snack food, energy bars, and plenty of water instead of weighty mountaineering gear.

We arranged for a car shuttle from our destination, Castle Dome, back to Castle Lake our starting point with the help of a father who was kind enough to be of service.

From there we headed down hill toward the PCNST which we followed for a short distance before heading uphill following painted blazes on trees for a distance, then spray painted spots on boulders until we encountered an empty spray paint can. After recovering from that surprise, we forged ahead feeling like real explorers in an unknown landscape. We followed essentially the same route down the ridge gradually dropping in elevation skirting brush fields by walking on bare decomposed granite soil or rock hopping on boulders shed from the ramparts above, or plowing through the shrubs when there was no clear choice.

Along the way, we encountered another botanical treasure growing in granite crevices, a tiny blue bellflower, *Campanula shetleri*, an endemic species known only

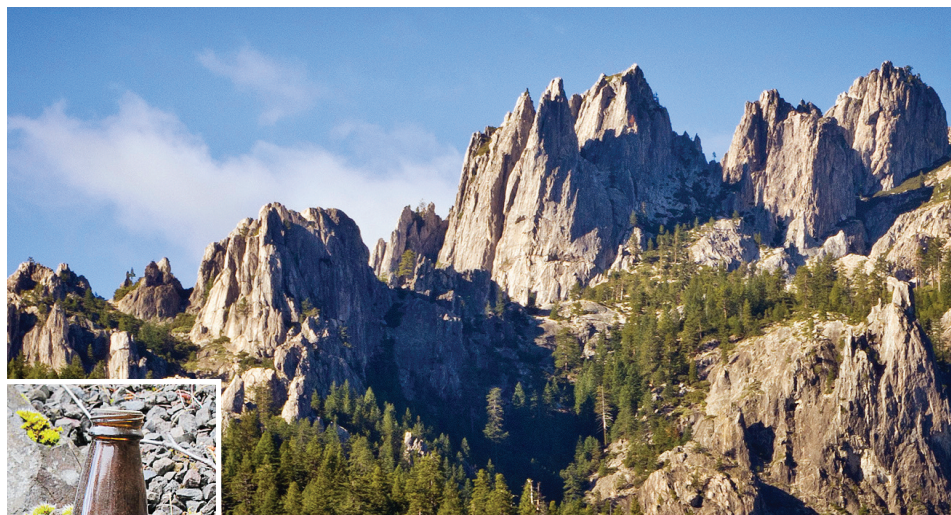
encouragement. This became particularly important when we approached our destination toward evening in the shadows of the ramparts to the west. Much to our surprise, we looked down on Castle Dome where we were to meet our shuttle driver. Getting there was scary for admitted non-mountaineering types. I recall a steep sided, no handhold granite chute with a narrow diagonal brushy ledge along the far side that might get us where we wanted to go. By careful side stepping and with a tenacious grip on brush and branches, we all slowly made our way down safely to Castle Dome. A glance back up our decent route amazed us and had us wondering how we managed to get safely down. We soon found the Castle Dome Trail and an easy well maintained 2.5 trail down to the parking lot where, much to our relief, our shuttle and driver awaited us.

The rest of the trip had to do with shuttle stuff, and a stop at the Castella Store where we discovered a supply of Sierra Nevada Brewing Company's Castle Craggs Ale, an appropriate end to a memorable adventure in a small wilderness lacking any amenities if you stay away from the PCNST.

Our trip occurred early in the digital age, before the day of smart phones, hand held GPS units, and Google Earth. Today, ask if there is cell phone coverage and look at the Craggs in Google Earth. You just might change your mind. Late spring and early summer, after snow has gone is a good time to visit, especially if you are interested in things botanical. Inquire and seek advice from the Shasta National Forest and Castle Craggs State Park, get paper map backup since there is no place to plug in electronic devices and, unless you know what you are doing, leave your ropes at home. A final word of warning, this is not a trip for the weak, the halt, or the lame. Take notice and heed the warnings about rattlesnakes, poison oak and hypothermia or its opposite heat stroke or heat exhaustion. Don't take foolish chances; live to brag about your process.

Reprinted from "Why Wilderness: 50 Years of Wilderness in the Land of the Lakes," issue #27 of the *Journal of the Shaw Historical Library*, a publication of the Shaw Historical Library, Oregon Institute of Technology, Klamath Falls, Oregon. To order the Journal (\$20) call 541-885-1686, email shawlib@oit.edu, or visit the website oit.edu/shaw.

Dr. Frank Lang is Professor Emeritus of Biology at Southern Oregon University.



Elevations range from 2,000 feet along the Sacramento River near the base of the craggs, to over 6,500 feet at the summit of the tallest crag; Ammirati's Castle Craggs Ale is brewed by Butte Creek Brewing Company in Chico, CA

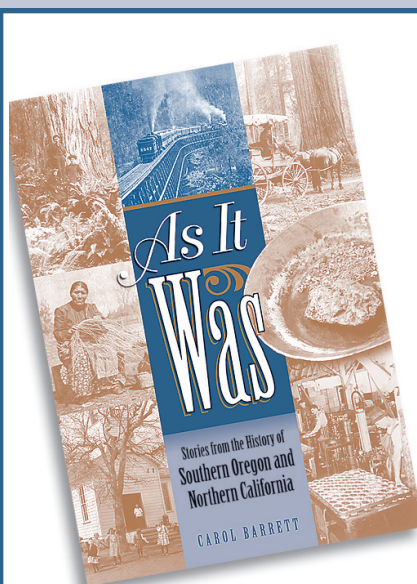
He camped that night with us then drove off to meet us at Castle Dome in the State Park that evening at least that is what we hoped.

Camping at Castle Lake was a cool, damp, dewy experience. The morning of the 15th we ate breakfast, broke camp, and stashed our gear in cars for safe keeping. At 7:45 am we started south on a more or less established trail towards the Craggs via Heart Lake. After reaching the ridge, we looked ahead through the rising mist to see an unusual looking conifer in the headwaters of a ravine. It was Brewer's or weeping spruce, *Picea breweriana*, named in honor of William H. Brewer, a botanist on the California Geological Survey.

from the Castle Craggs. Lawrence Heckard named the plant in 1970 to honor Dr. Stan Shetler, recognized bellflower expert at the Smithsonian Institution. Heckard and R.C. Bacigalupi collected the type specimen June 14, 1966 along the trail to Castle Dome in granite crevices among ponderosa pine and tanoak at about 4200 feet elevation.

Eventually we stopped for lunch under clear cool skies. After eating, we continued along the ridge passing at least one small still pond in a flat meadow. This was the only sign of water along our way although our maps indicated springs in the ravines below us. Moderate temperatures and the realization this might be it for replenishment encouraged us to make our carried water last.

We chose our routes by consensus often with a certain amount of cajoling and verbal



As It Was: Stories from the History of Southern Oregon and Northern California

By CAROL BARRETT

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As It Was

Stories from the State of Jefferson

Medford Conservationist Inspires Camp White Wildlife Area

By Dennis M. Powers

Camp White spread across 77 square miles in the Agate Desert north of Medford, Ore., during the Second World War. Torn down after the war, most of the buildings were sold and hauled away, except for those that became the White City Department of Veterans Affairs Dormitory.

The governor initiated a brighter future for the land by appointing a committed conservationist, Kenneth Denman of Medford, Ore., to the State Game Commission, now the Oregon Fish and Wildlife Commission. Denman saw an opportunity to deal with Camp White's remaining wildlife area. Assuming the commission's chairmanship in 1952, he said, "I take this responsibility because I am anxious to save these wildlife resources for all of our kids." Denman's lobbying to preserve the area led to the federal government transferring 1,760 acres of Camp White at no cost to Oregon in 1954, provided it was used as a wildlife management area. Known as the Denman Wildlife Area since 1963, it offers fishing in permanent ponds, retriever field training, and hunting, especially for game birds. These activities co-exist with hiking, picnicking and wildlife preservation and viewing.

Sources: Miller, Bill. "Who Inspired the Denman Wildlife Area." *Mail Tribune* 22 Apr. 2007 [Medford, Ore.]. Web. 19 Aug. 2014; "Denman Wildlife Area." ODFW Visitors' Guide. Oregon Department of Fish and Wildlife, Web. 19 Aug. 2014. "'Nike Rocks: Black Labrador and his Medford handler ride a string of wins to top honors.'" *Mail Tribune* 12 Apr. 2013 [Medford, Ore.]. Web. 19 Aug. 2014.

Government Promotes Depression Area Mining Schools

By Alice Mullaly

Faced with finding jobs for the unemployed in the heart of the depression in 1933 in mineral rich Josephine County, Ore., the state found an answer. It created a state-sponsored vocational mining school in Grants Pass, where graduates would get a \$50 grubstake from the state. Miners, in return, reported their findings to the state's new Department of Geology and Mineral Industries. The information helped create detailed mineral maps of Josephine County.

Based on the success of this program, Oregon Gov. Charles Martin proposed another school. In 1936, the Works Progress Administration spent \$25,000 at the Josephine County Fairgrounds to create a Practical School of Mining. More than 800 people attended this school from all walks of life. Here they studied geology, assay work, practical hydraulics, hard-rock mining, carpentry and even blacksmithing. The graduates fanned out all over Josephine County. There is no report of a big gold strike, but families were kept in bread and beans. Most of the mining activities closed by World War II and Josephine County took back many of the claims through foreclosure. Today, those lands are managed by the county for the green gold of timber sales.

Source: Brown, Ron. "Oregon Trails: Mining School." KDRV.com. KDRV TV, 14 May 2012. Web. 13 Aug. 2014.

As It Was is a co-production of Jefferson Public Radio and the Southern Oregon Historical Society. The series' script editor and coordinator is Kernan Turner, whose maternal grandmother arrived in Ashland in 1861 via the Applegate Trail. *As It Was* airs Monday through Friday on JPR's *Classics & News* service at 9:30am and 1:00pm; on the *News & Information* service at 9:57am and 9:57pm following the *Jefferson Exchange*.

Poetry

Stacie Smith

Playa Series

A silence
that I didn't even
know I craved
came to my door
and opened it.
First the Redwings
next the Sandhill Cranes
the Meadowlarks
the Crows.
There's something
they all know
that can't be said.
I'm here
to study *that*.

Stacie Smith's professional life has been as a visual artist, but her avocation has been poetry. She has published her work in *Fireweed*, *Manzanita Quarterly*, *West Wind Review*, and other journals. In March and April of this year she was a resident at Playa, near Summer Lake in Lake County, Oregon, where she wrote this month's poems, part of a series of eighteen. ("Playa is a retreat for creative individuals who are committed and passionate about their work, and who will benefit from time spent in a remote location." playasummerlake.org). Stacie Smith lives in Medford, Oregon.

Writers may submit original poetry for publication in the *Jefferson Monthly*. Send 3–6 poems, a brief bio, and a self-addressed, stamped envelope to:
Patty and Vince Wixon,
Jefferson Monthly poetry editors
126 Church Street, Ashland, OR 97520
Please allow two to four weeks for reply.

Playa Series VIII

after a drive up the Chewaukan River

Who knew
that paradise
was so alive and well?

Oh, perilous times
for sure—
it's all over the news.

But I say: even under
perilous threat,
glory is glory

and if I can't
love the broken day
precisely as it is

how real is hope
for better days
to come?

Playa Series XI

prompts: a change in the weather
glisten/crow/revelation/subdue

Out my back window,
ripples on the pewter lake.
Out front the icy fog
slides over Winter Rim.
Two crows shout their opinions
from the cottonwood:

"Yes!" "No!" "Yes!"
Same voice, same revelation.
I agree with them!

The lake, subdued now
as the wind falls suddenly away.
I look again to see the crows
but they are gone.
Where they had perched
now empty branches glisten.



EarthFix

Cassandra Profita

Oregon On Track To Begin Wolf Delisting Process

Oregon's wolf population is on track to reach a key milestone. If current trends in Eastern Oregon continue, the state can relax protections and consider removing wolves from its endangered species list next year.

Russ Morgan, wolf coordinator for the Oregon Department of Fish and Wildlife, said state rules call for launching a delisting process for wolves when Eastern Oregon has four breeding pairs for three consecutive years. A breeding pair is an adult male, adult female and at least two pups surviving to the end of the calendar year.

The state has documented at least three breeding pairs the past two years, and the three-year mark is coming up at the end of 2014.

At October's Oregon Fish and Wildlife Commission meeting, Morgan proposed starting the delisting process in April, 2015. He said starting the process does not mean wolves will definitely be delisted.

"I don't want to preclude that wolves will be delisted next year," he said. "Before wolves can be delisted there has to be public involvement and a commission decision."

Morgan said delisting wolves won't really change how they're managed by the state. However, the same population threshold that triggers the delisting process also ushers in a new phase of wolf management that lowers the bar for killing problem wolves.

Under the new rules that will likely kick in next year, Morgan said, the state will be allowed to lethally remove wolves after two confirmed attacks on livestock. Current rules only allow the legal killing of wolves after four incidents within six months. The new rules also allow ranchers to kill wolves that are chasing livestock, whereas the cur-

rent rules only allow ranchers to use lethal control in cases where wolves are biting, wounding or killing livestock.

The delisting process and the new rules will only affect the wolves in the eastern half of Oregon; there is only one breeding pair of wolves documented in the western half of the state (that would be the famous OR-7 and his mate).

Before the fish and wildlife commission can decide to delist wolves, it has to confirm that the population is not in danger of becoming endangered or going extinct, that it can continue to reproduce, that it will have sufficient habitat, and that existing programs outside of the state Endangered Species Act will protect wolves in the future.

Morgan said Oregon's wolf management plan has specific instructions for protecting wolves after they are removed from the endangered list.

"There's a common misconception out there that delisting means open the flood gates and bar the door," Morgan said. "But in reality, most of Oregon's wolf management is already set."

Rob Klavins with the environmental group Oregon Wild said he doesn't think the commission should agree to remove wolves from the state's endangered species list next year.

"We've expressed a lot of skepticism that 64 adults of any known species would be a

real sustainable and meaningful population," he said. "Any weakening of protections at this point, I would argue, are premature."

The next phase of wolf management in Oregon, Phase II, maintains many restrictions on killing wolves until the population reaches seven breeding pairs for three consecutive years. At that point, the state plan calls for a move to Phase III.

Todd Nash of the Oregon Cattlemen's Association said he supports a move to Phase II next year, but he called a move to Phase III "a poison pill." While it opens the door to wolf hunts for controlling the population, he said, it comes along with more wolves and more risks for ranchers.

"It's a real conundrum for us to say, 'Yeah, we want more wolves so we can have better management,'" he said. "We know we're going to have more problems at the same time."

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Journalist and Ecotrope blogger, Cassandra Profita writes for EarthFix, a public media project of Oregon Public Broadcasting, Boise State Public Radio, Jefferson Public Radio, Idaho Public Television, KCTS 9 Seattle, KUOW Public Radio, Northwest Public Radio and Television, Southern Oregon Public Television, and Jefferson Public Radio.



The Splendid Table

Lynne Rossetto Kasper

Gingered Puree Of Winter Roots

This puree reheats nicely and holds for a couple of days in the fridge, but it is prime the day it's cooked.

Ginger and root vegetables? Trust us on this recipe, it will inspire a new appreciation of what winter can deliver. The yellow turnips called for here are not essential, but try them if you can. So sweet and mild, they side-step the earthiness of white varieties and tame down that other good-tasting but earthy root that's usually left at the store—the rutabaga.

Cook to Cook: The method for using ginger in this recipe is worth remembering. Not only does sautéing aromatics open up their flavor and tame their rough raw edges, the infused butter or oil helps transport their fragrances throughout the dish.

Ingredients

1-1/4 pounds rutabaga, peeled and sliced very thin

3/4 pound turnips (yellow preferred), peeled and thinly sliced

1-1/4 pounds red-skin potatoes, peeled and thinly sliced

Salt

4 tablespoons butter

3-inch-long piece of fresh ginger, finely minced (about 3 tablespoons)

Salt and freshly ground black pepper to taste

Instructions

1. Place the rutabaga, turnips and potatoes into a 6-quart pot. Cover with water by 1 or 2 inches and sprinkle with about 2 teaspoons salt. Simmer for 25 minutes, or until the vegetable slices are tender.

2. Meanwhile, in a small skillet, melt the butter over medium heat and add the ginger, gently warming it (don't sauté or brown), until it's fragrant. Cover the skillet and set aside.

3. When the vegetables are tender, drain them well in a colander. Puree in a food processor with the ginger butter. Season to taste with salt and pepper. Serve hot.

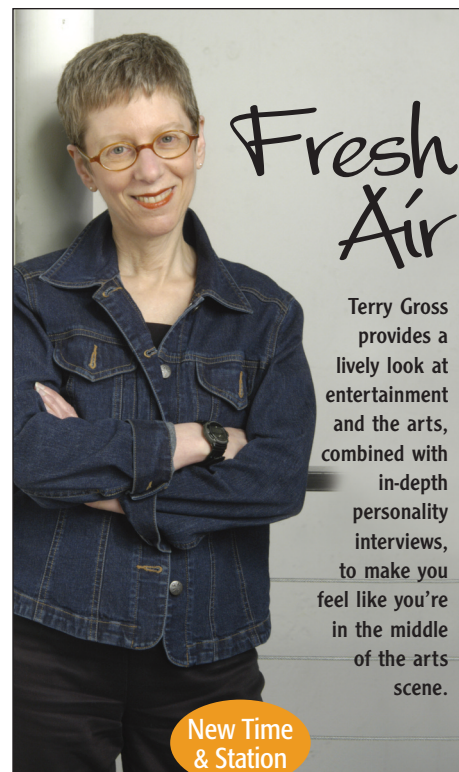
Prep time: 15 minutes

Cook time: 30 minutes

Total time: 45 minutes

Yield: 4 servings

The Splendid Table airs Sundays at 9:00am on JPR's Rhythm & News service and online at www.ijpr.org

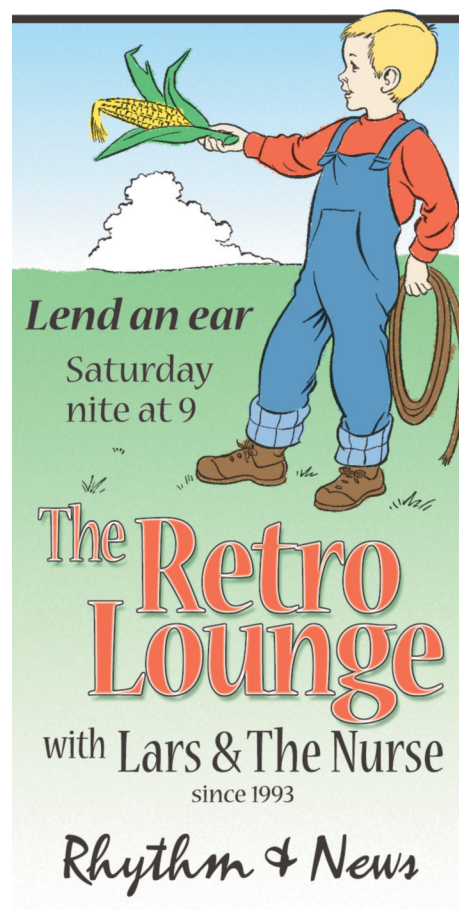


Fresh Air

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News & Information



What Fixes SAD?

The correct diagnosis for her mood disorders only came when Rebekah Dodson went to specialist. “I went to a family doc years ago in high school. And the doctor gave me Wellbutrin [bupropion, thought to work by influencing dopamine and norepinephrine], which made me suicidal. It’s an anti-depressant they used to throw at teenagers. It has a high suicide rate. I went to a psychiatrist finally and was diagnosed with bipolar and SAD. I have seen so many lives ruined by family doctors,” Rebekah says. “They may not know what’s going on. Like any illness, it’s horrible if you’re misdiagnosed. You wouldn’t go see a gynecologist if you had a foot injury.”

These days Rebekah Dodson keeps a light box under her desk that shines on the backs of her knees as she works in her office. She keeps it on as much as possible, especially when it starts to get darker earlier. The light was recommended to her by a therapist who said it would help stimulate blood flow and better circulation and also help alleviate her symptoms of anxiety. Rebekah also takes Klonopin (clonazepam), a prescription anti-anxiety medication, to treat her anxiety, SAD, and bipolar disorder.

She recommends that people who might be suffering from SAD see a knowledgeable practitioner: “Go to a psychologist or a psychiatrist,” Rebekah urges. “I don’t feel like a general doctor is equipped with the tools they need to accurately diagnose someone and help them.

Rosenthal, who has found in his research that Wellbutrin can successfully help with symptoms of SAD when it is given at the onset of winter, and who himself also suffers from seasonal affective disorder, tells me that SAD often goes untreated and undiagnosed, mostly because of how rushed American doctors are.

“In the modern medical community time is a problem. It takes time to say, ‘How do you feel when Thanksgiving comes?’ ‘Are you a bear in the wintertime?’” Rosenthal is a bespectacled man with a bald pate, tufts of gray hair on the sides, a mustache, and a grin as wide as the Mississippi. When we talk via Skype he enthusiastically turns his computer so I can see the dawn simulator he uses in his bedroom and the light boxes flanking the computer in his office. I in turn

lift my laptop to show off my walking desk. “You can’t circle this on a sheet and get reimbursed,” Rosenthal continues. “It’s diagnosed by asking a person about their past. It’s easy to diagnose Lyme disease or hypothyroidism. But you have to look over time to see what happens to identify SAD.”

But Judy Dolmatch says she did not need to go to a specialist to confirm she had SAD. Partly because she is herself a social worker and because her symptoms were so classic, she found it easy to diagnose herself. She bought herself a lamp, starting taking a natural anti-depressant dietary supplement called Sam-e, and made an effort to learn outdoor winter sports in order to spend time in the sunshine above the cloud cover in Ashland, Oregon as often as she could.

While all of this helped alleviate some of her feelings of agitation and depression, it was not enough. For ten years the only way Judy could function in the winter was to leave Oregon and go to a warmer climate, so she joined an intentional community on the Big Island in Hawaii and arranged to spend three months out of the year there. I look out my window at the gray rain while she talks about doing permaculture in rural Hawaii and wish I could book myself a ticket.

“You can get away to someplace, even just to the top of Mount Ashland,” Judy Dolmatch says when I tell her Hawaii is not in our family’s budget. “Let the reflection of the sun on the snow enter your eyes. Even just that can help.”

8 Facts About Sad

1. SAD is not only an adult disorder. Some two million American children are estimated to suffer from it, though it often goes undiagnosed and untreated in children.

2. There seems to be a genetic component. Most SAD sufferers usually have at least one close relative with depression.

3. SAD affects women more than men.

4. A change in latitude—moving to a place where there is less light—might trigger SAD; population surveys have shown that people living farther from the equator are more likely to develop it.

5. One survey showed that people in Sarasota, Florida are nearly nine times *less likely* to experience SAD than those living in Fairbanks, Alaska.

6. SAD may have been first described in medieval Icelandic epics, which identified a disorder called *skamdegistunglindi* or “short-days depression.”

7. Thought to be partially caused by the lack of winter light, no studies have ever been done on the rates of SAD among the visually impaired.

8. Many people who have symptoms of SAD often have other psychiatric conditions (known as “comorbidities”), including chronic depression, premenstrual syndrome, bipolar and eating disorders.

7 Tips From The Experts On How To Feel Better When You’ve Got The Winter Blues

We can’t make the rain or the cold go away and many of us can’t afford to leave the country during the winter but there *are* ways we can trick our bodies and our minds into being happier during the long winter months. The first step is awareness of the problem. If your depression is so severe that you are having trouble functioning in your daily life, you should consult a professional immediately. In the meantime, here are seven tried and true tips that will help you feel better if you are suffering from seasonal blues.



“I definitely feel more inward. When it starts getting dark early I find the evenings kind of hard. Not really wanting to go out but realizing there’s a lot of time to fill before bed.”

JESSICA LITJENS, 43, sales clerk, Ashland, Oregon

1. Let there be light: Install more indoor lighting in your home and office. This quick and easy change can make a big difference. If the additional lighting is not enough, you may want to research and purchase a suitable light box and be sure to expose yourself to it from 20 to 90 minutes a

day. The standard therapeutic output is 10,000 lux (a unit of brightness.)

2. Learn to meditate: Meditation has been found in more than a dozen scientific studies to have tangible physical benefits, which include lowering blood pressure, reducing stress hormones, improving heart health, increasing circulation, and even relieving symptoms of chronic pain. It's a learned skill, especially for those of us with



"I love the changes of the seasons, I welcome them. I think snow has a way of transforming the world in a way nothing else does. The ugliest thing, like a trashcan, is magical with snow on it. I spend a lot of time outside. I don't get the winter blues."

DORISE TREIGER, 62, hospice nurse, Ashland, Oregon

Type A personalities who don't like sitting still. But if you put the time into it and make a habit of meditating for 20 minutes once or even twice daily, you may experience a marked drop in your feelings of anxiety and depression. Or you can follow my late mother's unproven untested meditation technique: sit in a comfortable position with your eyes half closed and recite Emily Dickinson poems to yourself.

3. Embrace exercise: Between the holidays, inclement weather, and mood swings it's easy to put on weight in the winter, which makes most of us feel that much worse. The importance of daily exercise cannot be overestimated. Exercise oxygenates your blood, raises the levels of endorphins in your body, strengthens your muscles, and



"I have less energy when the sun's not out. I feel my joints getting stiff. I play the drum to loosen myself up. I pray and meditate to the sun. More people are closed when it's colder. With the sun they're more open and vibrant."

JAHRAZEN, musician, Planet Earth

helps you feel better about yourself—and the world. The key to effective exercise is to realize that you can get tremendous benefits from doing less than ten minutes a day. I know it's hard to get started. But you can do anything for ten minutes, right?

4. Eat food for your mood: You may be craving sugar and carbohydrates but foods high on the glycemic index dump sugar into your bloodstream, provoke a dramatic insulin release, and end in a sharp drop in blood sugar (and well-being), putting stress on your pancreas and predisposing you to diabetes. Instead of eating empty calories, opt for fresh vegetables and fruits, healthy fats like olive oil and coconut oil, nuts, seeds, meat, fish, and sprouted whole grains. Always choose real foods over processed edible substances posing as food. And remember that just because a company boasts its food is "organic" or "gluten-free" that doesn't mean it's good for you. Packaged food, no matter how cleverly marketed, is often laden with unhealthy sweeteners and full of empty calories. Get in the habit of reading ingredient lists.

5. Decide on vitamin D3. Americans are notoriously low in vitamin D and a vitamin D (or other vitamin) deficiency may be contributing to your feeling down in the dumps. It's easy to get your vitamin D levels tested at your health practitioner's office. Ideally you should get the vitamin D you need by

spending at least 20 minutes in direct sunshine daily (longer for people with darker skin), so make sure you go outside every day in the winter. But since the sun is often absent from the Pacific Northwest during the winter months, a vitamin D3 supplement can also be helpful. Rosenthal recommends 5,000 units/day but cautions that the amount needed is highly variable, depending on the person.

6. Seek out support: If you are working through a loss of some kind or recovering from addiction or illness, winter can be that much harder. Ask your local hospital or health care provider to recommend a support group. Misery loves company. Spending time with people who empathize with what you're going through can really help.

7. Try talk therapy: Sometimes all the lifestyle changes in the world won't help. If you find a sympathetic professional, especially someone with experience treating people with SAD, he or she can talk to you about your experiences—a big help in itself—and you can decide together if you need prescription medication.

Jennifer Margulis, Ph.D., is a regular contributor to the Jefferson Monthly. Learn more about her books and articles at www.JenniferMargulis.net.



First... The News

Geoffrey Riley

Why There's No Yelling

On our weekly Wednesday VENTSday segment, I make a point of telling *Jefferson Exchange* listeners that they are welcome to call and weigh in on the topics of the day, but to vent “politely.” Once in a while, somebody misses that modifier and lets loose with some cutting remarks, occasionally directed at the opinions or tone expressed by another caller. I’m happy to say that’s a rarity.

And I’m even happier to say we deliberately keep the temperature low on the offerings of JPR News. While we do take care to make sure our listeners hear a variety of viewpoints, we also take care to make sure that the people expressing those viewpoints do not have an opportunity to tear each other apart in person. To paraphrase something Dan Rather once said, we’re in the business of providing light, not heat.

This is why some people who are regular consumers of commercial broadcast news, either TV or radio, find public radio tepid. Tepid to the point of boring. Because we don’t want the yelling that is a regular feature of the commercial operations, particularly the cable TV news networks.

Don’t get me wrong. A good dust-up is entertaining; fun to watch and hear. And while we may cheer the good guys (you decide who’s who) and relish the scoring of points and some well-chosen labels... when the dust clears, do we really know any more than we did when it started? Did the snarky airing of opinion leave us any more informed? Sadly, the answer is often no.

I once worked with a TV reporter who had a knack for picking out the most inflammatory sound bites to use in his stories. In a piece about the proposal to rename what was then “Dead Indian Road” outside Ashland, he chose an opponent saying “well, it’s not Dead _____ Road” (use your imagination). Good TV? Sure. Good for society? You decide.

Which again, is the point: you decide which argument is the more convincing, without having to wade through the py-

rotechnics of a loud debate. We generally schedule guests—especially in political campaign season—one at a time. And every so often, we vary the formula, schedule opponents together, and remember quickly why we seldom do that: within the first five minutes, one speaker or another will insist the other person is lying, or not qualified to express an opinion, or in need of a lawyer to defend him/herself in court. Sheesh.

When we entertain guests from one ideology at a time, they get to reach deep within themselves to justify their beliefs and positions. And you get the time to listen—minus the pyrotechnics—and decide if this is an ideology you would ever subscribe to. I am aware that this will occasionally raise the blood pressure of a few listeners who really wish their viewpoint were being expressed *at that moment*. And that rise in BP is often what will lead a listener to become a caller during *The Exchange*, to challenge the speaker (politely).

I admit, it takes some patience for listeners to hear just one opinion now, and have to wait to hear the other side. Another story from my days in TV: during some of the early battles over gay rights in Oregon in the early 1990s, my station ran a piece featuring the pro-gay rights point of view. Even before it ended, the newsroom phone rang, and the irate caller informed me that he didn’t want “those people” teaching his kids, and he would “never watch your damn station ever again.” Click.

I looked up at the screen showing our broadcast. The side he clearly favored was just then getting its time to speak. Live and unedited. If the caller had just waited about 30 more seconds, he would have heard his

ideological brother speaking his truth, unfiltered. All that was required was a little patience.

Which is asking a lot in today’s world, I know. A society that expects people to be available by phone/text/e-mail every waking moment, a society that communicates by 140 character tweets, a society that includes a video site (vine.co) featuring movies of about six seconds... that’s a society in which time is a luxury.

So I guess we’re in the luxury goods business. We’ll give you shorter clips in our morning news segments, but Liam Moriarty’s features for *Morning Edition* tend to run in the four minute range. And the shortest segment on *The Jefferson Exchange* runs about 14 minutes. Speedy?

Dramatic? No and no. But will you learn something for your time? We sincerely hope the answer is yes.



Geoffrey Riley began practicing journalism in the State of Jefferson nearly three decades ago, as a reporter and anchor for a Medford TV station. It was about the same time that he began listening to Jefferson Public Radio, and thought he might one day work there. He was right.

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5:00am Morning Edition
9:00am Open Air
3:00pm Q
4:00pm All Things Considered
6:00pm World Café
8:00pm Undercurrents
(Modulation Fridays 8-10pm)
3:00am World Café

Saturday

5:00am Weekend Edition
10:00am Wait Wait... Don't Tell Me!
11:00am Car Talk
12:00pm Radiolab
1:00pm Q the Music
2:00pm E-Town
3:00pm Mountain Stage
5:00pm All Things Considered

6:00pm American Rhythm
8:00pm Live Wire!
9:00pm The Retro Lounge
10:00pm Late Night Blues
12:00am Undercurrents

Sunday

5:00am Weekend Edition
9:00am The Splendid Table
10:00am This American Life
11:00am The Moth Radio Hour
12:00pm Jazz Sunday
2:00pm American Routes
4:00pm TED Radio Hour
5:00pm All Things Considered
6:00pm The Folk Show
9:00pm Folk Alley
11:00pm Mountain Stage
1:00am Undercurrents

Tuned In *From page 5*

The brothers' unique combination of hilarious, self-deprecating banter and trustworthy advice was picked up by NPR in 1987, and *Car Talk* soon became NPR's most popular entertainment program ever, reaching audiences of more than four-million people a week. The program has continued to be a top-rated show on NPR stations in syndication, even after the guys stopped recording new shows in 2012.

Along with the solid car advice he dispensed on the radio show with his brother, Tom often took on the additional roles of philosopher king, life advisor, moral scold and family counselor.

"He'd always ask guys who were in a dispute with their wives or girlfriends one question: 'Would you rather be right, or would you rather be happy?'" said Ray. "In his own personal life, Tom always chose 'right,' hence he leaves behind two wives, and a passel of children and grandchildren." He is survived by his first wife Julia; second wife, Joanne; his children, Lydia Icke, Alex and Anna Magliozzi; five grandchildren; and his close companion of recent years, Sylvia Soderberg.



"He and his brother changed public broadcasting forever," said Doug Berman, the brothers' longtime producer. "Before *Car Talk*, NPR was formal, polite, cautious...even stiff. By being entirely themselves, without pretense, Tom and Ray single-handedly changed that, and showed that real people are far more interesting than canned radio announcers. And every interesting show that has come after them owes them a debt of gratitude.

The family has asked that in lieu of flowers, or rotten fruit, fans of Tom make a donation in his memory to either their local NPR station or the Alzheimer's Association.

Paul Westhelle, Executive Director
Jefferson Public Radio

Quotes From Tom Magliozzi

"It's only a car."

"Do it while you're young. You may never have another chance to do anything this stupid again!"

"Happiness equals reality minus expectations."

"How do you know if you've got a good mechanic? By the size of his boat."

"If money can fix it, it's not a problem."

"Our humility is what makes us great."

"Reality often astonishes theory."

"Life is too short to own a German car."

"Kids: get away from the cell phones, get away from the computers, and mail someone a fish before it's too late."

"Non Impediti Ratione Cogitationis" (Unencumbered by the Thought Process). Tom's self-proclaimed motto.

"Never let the facts stand in the way of a good answer."

"Some guy I met said it's amazing how we use cars on our show as an excuse to discuss everything in the world—energy, psychology, behavior, love, money, economics and finance. The cars themselves are boring as hell."

"It is better to travel in hope than arrive in despair."

"If it falls off, it doesn't matter."

PROGRAM GUIDE CLASSICS & NEWS

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Monday through Friday

5:00am Morning Edition
7:00am First Concert
12:00pm Siskiyou Music Hall
4:00pm All Things Considered
7:00pm Exploring Music
8:00pm State Farm Music Hall

Saturday

5:00am Weekend Edition
8:00am First Concert
10:00am Met Opera
2:00pm Played in Oregon
3:00pm Car Talk
4:00pm All Things Considered

5:00pm New York Philharmonic
7:00pm State Farm Music Hall

Sunday

5:00am Weekend Edition
9:00am Millennium of Music
10:00am Sunday Baroque
12:00pm Siskiyou Music Hall
2:00pm Performance Today Weekend
4:00pm All Things Considered
5:00pm Chicago Symphony Orchestra
7:00pm Center Stage from Wolf Trap
8:00pm State Farm Music Hall

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Cave Junction 89.5	Grants Pass 101.5		
Chiloquin 91.7	Happy Camp 91.9		

Classics & News Highlights

* indicates birthday during the month.

First Concert

Dec 1 M Agathe Backer Grøndahl*: Suite for Piano
Dec 2 T Saint-Saëns: *Samson and Delilah* – *Grand Fantasy*
Dec 3 W Rachmaninoff: Piano Sonata No. 2
Dec 4 T Harty*: *A Comedy Overture*
Dec 5 F Geminiani*: Cello Sonata No. 3

Dec 8 M Sibelius*: *Tapiola*
Dec 9 T Turina*: Trio No. 2
Dec 10 W Franck*: *Souvenirs of Aix-la-Chapelle*
Dec 11 T Berlioz*: *King Lear*
Dec 12 F Brahms: Clarinet Trio

Dec 15 M Francaix: Concertino
Dec 16 T Beethoven*: Sonata No. 31
Dec 17 W Cimarosa*: *L'eroe cinese*
Dec 18 T MacDowell*: *Hamlet and Ophelia*
Dec 19 F Adler: *The Flames of Freedom*

Dec 22 M Abel*: Symphony in C major
Dec 23 T Debussy: *Prelude to the Afternoon of a Faun*
Dec 24 W Medtner*: *Romantic Sketches for the Young*
Dec 25 T *Holiday Special*
Dec 26 F Pissendel*: Sonata in D major
Dec 29 M Mozart: Symphony No. 25

Dec 30 T Messenger*: Divertissement from *Les Deux Pigeons*
Dec 31 W Moeran*: Sinfonietta

Siskiyou Music Hall

Dec 1 M F.X. Richter*: Chamber Sonata No. 5
Dec 2 T Brahms: Double Concerto in A minor
Dec 3 W Hovhanness: Symphony No. 50, "*Mount St. Helens*"
Dec 4 T Hummel: Clarinet Quartet in E flat major
Dec 5 F Mozart: Piano Concerto No. 24

Dec 8 M Kalkbrenner: Piano Concerto No. 4
Dec 9 T Popper: Cello Concerto No. 2
Dec 10 W Franck*: Violin Sonata in A major
Dec 11 T Berlioz*: "*Les Nuits d'Ete*"
Dec 12 F Louis Glass: Symphony No. 3, "*Forest*"

Dec 15 M Archduke Rudolph: *40 Variations on a Theme by Beethoven*
Dec 16 T Beethoven*: Symphony No. 3, "*Eroica*"
Dec 17 W Busoni: Violin Sonata No. 2
Dec 18 T MacDowell*: Piano Concerto No. 2
Dec 19 F Schumann: Symphony No. 4

Dec 22 M Glazunov: *The Seasons*
Dec 23 T Boismortier*: Serenade No. 1
Dec 24 W Joseph Wolf*: Piano Sonata in C minor

Dec 25 T *Holiday Special*
Dec 26 F Tchaikovsky: "*Winter Daydreams*"
Dec 29 M Joachim: Violin Concerto No. 3
Dec 30 T Beethoven: String Quartet in E flat major, Op. 127
Dec 31 W Haydn: Symphony No. 101, "*The Clock*"

Metropolitan Opera

Dec 6 *Il Barbiere di Siviglia* by Gioachino Rossini
Michele Mariotti, conductor; Isabel Leonard, Lawrence Brownlee, Christopher Maltman, Maurizio Muraro, Paata Burchuladze
Dec 13 *Die Meistersinger von Nürnberg* by Richard Wagner
James Levine, conductor; Annette Dasch, Karen Cargill, Johan Botha, Paul Appleby, Johan Reuter, Johannes Martin Kränzle, Hans-Peter König, Matthew Rose
Dec 20 *Le Nozze di Figaro* by Wolfgang Amadeus Mozart
Edo de Waart, conductor; Amanda Majeski, Danielle de Niese, Serena Malfi, Mariusz Kwiecien, Erwin Schrott
Dec 27 *La Traviata* by Giuseppe Verdi
Marco Armiliato, conductor; Marina Rebeka, Stephen Costello, Ludovic Tézier

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5:00am BBC World Service
 7:00am Diane Rehm Show
 8:00am The Jefferson Exchange
 10:00am The Takeaway
 11:00am Here & Now
 1:00pm The World
 2:00pm To the Point
 3:00pm Fresh Air
 4:00pm On Point
 6:00pm Fresh Air (repeat)
 7:00pm As It Happens
 8:00pm The Jefferson Exchange (repeat of 8am broadcast)
 10:00pm BBC World Service

Saturday

5:00am BBC World Service
 8:00am World Link
 9:00am Day 6
 10:00am Living On Earth
 11:00am Science Friday
 1:00pm West Coast Live
 3:00pm A Prairie Home Companion
 5:00pm To the Best of Our Knowledge
 7:00pm BBC World Service

Sunday

5:00am BBC World Service
 8:00am To the Best of Our Knowledge
 10:00am TED Radio Hour
 11:00am On The Media
 12:00pm A Prairie Home Companion
 2:00pm Backstory
 3:00pm Le Show
 4:00pm Travel with Rick Steves
 5:00pm This American Life
 6:00pm Fresh Air Weekend
 7:00pm BBC World Service

Theatre *From page 11*

My cheeks went hot. "I didn't take them!" "You're the only other person who knew where they were."

"I sneaked a lot of candy from the turtle box, but I didn't eat the pecan puffs!" I said, half indignant but half relieved to have confessed my alternative crime.

The mystery clouded Christmas dinner for Granny and me. Afterward, when it was time to go to the Kleebs' annual party, it was with an air of defeat that Granny filled a tin with cookies to share. "Our neighborhood will miss the pecan puffs yet another year," she said.

I shrugged glumly, worried that she wasn't convinced of my innocence.

As I climbed into the back seat of the car, I stepped on something hard. Groping in the dark to shove whatever it was out of the way, my hand clunked against the missing tin! I pulled it up and shook it. Empty.

I thrust it into the front seat before my father's face. "How did this get *here*?"

Everyone began talking at once. "I guess I can't be trusted when it comes to pecan puffs," Daddy announced over the hubbub.

"But you knew Granny wanted to share them," I said.

"I admit it."

"I'm telling our neighbors that you stole, and then tried to hide the evidence," I declared.

Everyone laughed at my threat, so I tried to laugh despite my chagrin—that such a wonderful plan could fail before my father's insatiable passion for pecan puffs. Then the

idea of tattling publicly on him came back strong, along with a private smile.

Donnan (Deedie) Runkel is the Innkeeper of Anne Hathway's B&B in Ashland, OR, a Rotarian, and author of the memoir *Boxes: Lifting the Lid on an American Life*. She's currently working in a collection of short stories from life at the inn.

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ARTSCENE

Send announcements of arts-related events to:
ijprarts@ijpr.org
Dec. 15 is the deadline for the February issue.

ROGUE VALLEY

Theater

◆ Oregon Cabaret Theatre continues its presentation of *It's a Wonderful Life* - thru Dec 31
First & Hargadine Sts., Ashland. (541)488-2902
www.oregoncabaret.com

◆ Randall Theatre Company presents *It's a Wonderful Life*, Dec 11 thru Dec 28. Located at #10 3rd St. (Front & 3rd Streets), Medford. (541) 632-3258 www.randalltheatre.com

◆ Camelot Theatre Company presents *Fiddler on the Roof*, Dec 3, 2014 thru Jan 4, 2015. Located at Talent Ave. and Main St., Talent. (541)535-5250 www.CamelotTheatre.org

Music

◆ Rogue Valley Symphony presents Handel's *Messiah* featuring Julianne Baird, Brian Thorsett, Danielle Ruetter-Harrah, David Castillo and the Southern Oregon Repertory Singers

- Newman United Methodist Church - Grants Pass - Dec 12
- First Presbyterian Church - Medford - Dec 13
- SOU Music Recital Hall, Ashland - Dec 16

Tickets: (541) 552-6398 www.rvsymphony.org

◆ Oregon Center for the Arts at Southern Oregon University presents:

- SOU Wind Ensemble - Dec 4
- SOU Percussion Ensembles - Dec 5
- SOU Chamber Choir/SOU Concert Choir - Dec 7

SOU Music Recital Hall, Mountain Avenue, Ashland (541) 552-6348 www.sou.edu/performingarts

◆ First Friday Concert featuring Todd Barton and Bruce Bayard - Dec 5. Schneider Museum of Art. (541) 552-8248 www.sou.edu



The Historic Cascade Theatre Performance Series presents author, storyteller, humorist, and radio personality Garrison Keillor on December 4.

◆ Southern Oregon Repertory Singers present *The Holly and the Ivy* - Dec 20 and Dec 21
SOU Music Recital Hall, Mountain Avenue, Ashland - (541) 552-0900 www.repsingers.org

◆ Siskiyou Singers present their *Holiday Concert* - Dec 12, Dec 13 and Dec 14. SOU Music Recital Hall, Mountain Avenue, Ashland - (541) 482-5290 www.siskiyousingers.org

◆ Rogue Valley Chorale presents *Christmas Around the World* - Dec 5 and Dec 7
Craterian Theatre, 23 S. Central Ave., Medford. (541)779-3000 www.roguevalleychorale.org

◆ Siskiyou Music Project Holiday Jazz Celebration with Leslie Kendall & Friends - Dec 20
Jazz in the Vineyard, Paschal Winery 1122 Suncrest Rd, Talent (541)488-3869 www.siskiyoumusicproject.com

◆ Music at St. Mark's presents the following events.

- A Service of Advent Lessons and Carols - Dec 14
- Darkest Night Service - Dec 21
- Concert for New Year's Eve - Dec 31
- Night Prayer Service for the New Year - Dec 31

St. Mark's Episcopal Church is located at 140 N. Oakdale (at Fifth) in Medford. For more information please see www.stmarks-medford.org or call 541-821-0977

◆ Craterian Performances present:

- *A Christmas Carol - the Musical* - Dec 12-Dec 20

· Tomaseen Foley's *A Celtic Christmas* - Dec 23
Located at 23 S. Central Ave., Medford. (541)779-3000 www.craterian.org

◆ Historic Rogue Theatre presents Andy McKee - Dec 9. Located at 143 SE "H" St., Grants Pass. (541)471-1316 www.roguetheatre.musictoday.com

Exhibitions

◆ Schneider Museum of Art presents selections from *Portland2014: A Biennial of Contemporary Art* - thru Dec 6. Siskiyou Blvd. and Indiana St., Ashland. (541)552-6245 www.sou.edu/



Oregon Center for the Arts at Southern Oregon University presents the SOU Wind Ensemble (LEFT) on December 4 and an innovative, audiovisual experience performed by the SOU Percussion Ensembles on December 5.

◆ Rogue Gallery & Art Center presents the following:

· *The Sky is the Limit: Annual Members Show* thru Dec 19

Located at 40 S. Bartlett St., Medford. (541)772-8118 www.roguegallery.org

◆ Crater Rock Museum features geodes, thunder eggs, scrimshaw, fossils, and minerals from their permanent collection. Located at 2002 Scenic Avenue, Central Point. (541) 664-6081 www.crater-rock.com

◆ Wiseman Gallery presents works by Chad Erpelin entitled "The Subject is War" thru Dec 10. Located on the Main Campus of Rogue Community College in Grants Pass. (541)956-7241 www.roguecc.edu/galleries/wiseman

◆ FireHouse Gallery presents Local Artists and Crafters *Holiday Gift Sale* Nov 26 thru Dec 11. Located in the Historic City Hall at H and 4th Sts., Grants Pass. (541)956-7489 www.roguecc.edu/galleries/firehouse

◆ Grants Pass Museum of Art presents their Annual Membership Exhibition thru Dec 18. Located at 229 SW G St., Grants Pass. (541)479-3290 www.gpmuseum.com

◆ 1st Friday Art Walk in downtown Ashland and the Historic Railroad District, each month from 5–8 pm. (541)488-8430 www.ashlandgalleries.com

◆ 1st Friday Art Night in downtown Grants Pass features music and art at shops, galleries, and restaurants at H and 5th Sts. from 6–9 pm. (541)787-7357

◆ 3rd Friday Artwalk in Historic Downtown Medford from 5–8 pm. Located in Theater Alley, Bartlett St., E. Main St. and Central Ave. www.visitmedford.org/index-artwalk

Other Events

◆ The historic Holly Theatre offers a behind-the-scenes look at the restoration of Medford's iconic 1930 show palace on Dec 6. (541)772-3797. www.hollytheatre.org

OREGON AND REDWOOD COAST

Music

◆ Egyptian Theatre Preservation Association presents the 40th annual "Sounds of Christmas" concert with Lee Littlefield on the Mighty Wurlitzer and Wilbur Jensen with the Christmas Brass. Dec 13. Egyptian Theatre 229 S. Broadway (541 808 8295) www.egyptian-theatre.com

Theater

◆ Mendocino Theatre Company continues their presentation of *Circle Mirror Transformation* thru Dec 14. Located at 45200 Little Lake St., Mendocino. (707)937-4477 www.mendocino-theatre.org

◆ Dolphin Playhouse presents their Holiday Radio Show *It's a Wonderful Life* Dec 5 thru



The cast of Oregon Cabaret Theatre's production of the beloved holiday classic, *It's A Wonderful Life*.

Dec 21. Located at 580 Newmark, Coos Bay. (541)808-2611 www.thedolphinplayers.webs.com

Exhibitions

◆ Humboldt Arts Council and the Morris Graves Museum present *Wine and Jazz*, featuring Blue Lotus Jazz, the jazz guitar duo of Dave Wilson and Nalini Cogswell. Dec 21. The Morris Graves Museum of Art is located at 636 F St., Eureka. (707)442-0278 www.humboldtarts.org

◆ Coos Art Museum continues its presentation of the CAM Biennial 2014 thru Dec 6. Located at 235 Anderson Ave., Coos Bay. (541)267-3901 www.coosart.org

◆ Trinidad Museum presents:
· Trinidad Lighthouse 1871 to Dec 2014.
· Caleb Whitbeck painting of Trinidad Bay thru winter 2014.
Located in the historic Sangster-Watkins-Underwood House at 400 Janis Court at Patrick's Point



Turtle Bay Exploration Park presents *Toytopia* through January 7.



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Artscene *From p. 29*

Dr., Trinidad, CA. (707)677-3883
www.trinidadmuseum.org

NORTHERN CALIFORNIA

Theater

- ◆ Riverfront Playhouse presents:
 - *The Christmas Spirit* weekends Nov 15 thru Dec 13.
 - *Scrooge* - an Evening with Charles Dickens - Dec 20

Ticket outlet: Cascade Theatre, 1733 Market St., Redding. (530)243-8877 Playhouse located at 1620 E. Cascade Ave., Redding. (530)221-1028 www.riverfrontplayhouse.net

Music

- ◆ The Historic Cascade Theatre Performance Series presents:
 - Garrison Keillor - Dec 4
 - A Cascade Christmas - Dec 5 thru Dec 7
 - A Celtic Christmas - Dec 19
- Located at 1733 Market St., Redding. (530)243-8877 www.cascadetheatre.org

Exhibitions

- ◆ Liberty Arts presents *Luigi and Marlis* - Dec 5 thru Dec 31. Located at 108 West Miner Street in Yreka. (530) 842-0222 www.libertyart-syreka.org
- ◆ Turtle Bay Exploration Park presents *Toytopia* thru Jan 7, 2015. Turtle Bay is located at 844 Sundial Bridge Dr., Redding. 1(800)887-8532 www.turtlebay.org
- ◆ The Siskiyou County Historical Society and the Siskiyou County Museum present an ongoing collection of artifacts, photographs, and exhibits. Located at 910 S. Main St., Yreka. (530)842-3836 www.siskiyoucountyhistoricalsociety.org

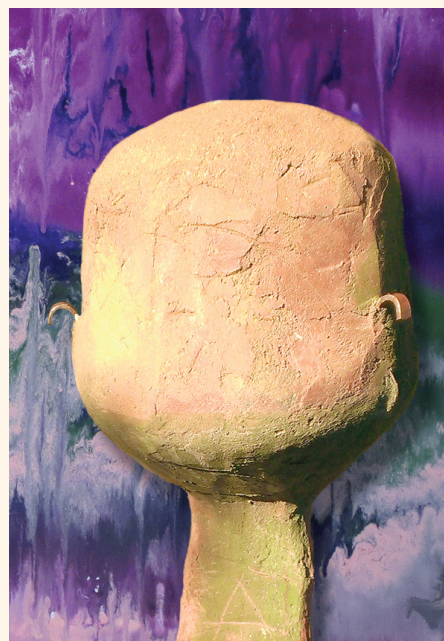
KLAMATH

Theater

- ◆ The Little Linkville Plays for Children presents: *Hansel and Gretel* - Dec 6-7 and Dec 13-14. Located at 201 Main St., Klamath Falls. (541)205-4395, www.linkvilleplayers.org

Music

- ◆ Ross Ragland Theater presents the following:
 - Esquire Jazz Orchestra - Dec 7
 - Klamath Chorale - *The Miracles of Christmas* - Dec 14
 - The Alley Cats Christmas Show - Dec 18
- Located at 218 N. 7th St., Klamath Falls. (541)884-LIVE www.rrtheater.org
- ◆ Klamath Blues Society sponsors a Blues Jam every second Thursday at 8:00 pm at the After-schock Lounge, 3901 Brooke Dr., Klamath Falls. (541) 815-3913 www.klamathblues.org



Liberty Arts gallery in Yreka, CA presents Luigi & Marlis, with an opening reception Friday, December 5.

Exhibitions

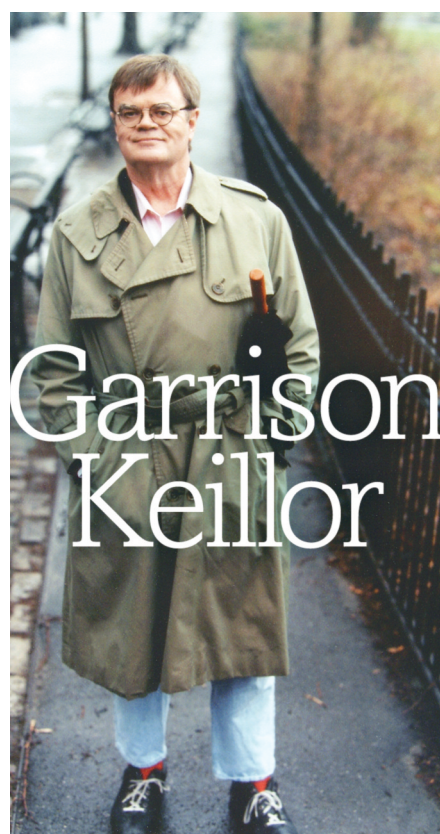
- ◆ The Klamath Art Gallery presents their Annual Holiday Showcase thru Dec 21. Located at 120 Riverside Dr., Klamath Falls. (541)883-1833 www.klamathartgallery.blogspot.com
- ◆ The Favell Museum of Western Art and Native American Artifacts presents an on-going exhibition of over 100,000 Indian artifacts. Located at 125 W. Main St., Klamath Falls. (541)882-9996 favellmuseum@gmail.com
- ◆ Two Rivers Art Gallery presents an on-going exhibition of fine artwork by nearly 50 area artists. Artwork includes rattles & drums, pine needle baskets, beadwork, corn husk dolls, acrylic & oil paintings, pastels & watercolors, stained glass, woodworking, clay, pottery, fiber arts, knitted lace, acrylics on stone, photography, jewelry, quilting, and much more. Located off Highway 97, N. of Klamath Falls, at the Chiloquin Community Center, 140 S. First Street, Chiloquin. (541)783-3326 www.chiloquinarts.com



CascadeTheatre.org
530-243-8877



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